

**We are happy to give you coupons to get free fresh fruits and vegetables at the Farmers Markets and Roadside Stands printed in the 2005 Directory.**

## **USING YOUR COUPONS**

- You get \$16 worth of coupons. Each coupon is worth \$4. Farmers cannot give change.
- Sign your name on the front, like a check.
- You can use these at any approved Farmers Market & Roadside Stand printed in the 2005 directory.
- Look for the sign "Farmers Market Coupons Welcome."
- You can use your coupons only to buy fresh fruits, vegetables & cut herbs.
- You have to use them by November 30, 2005.

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# **2005 LOUISIANA FARMERS MARKET NUTRITION PROGRAM**

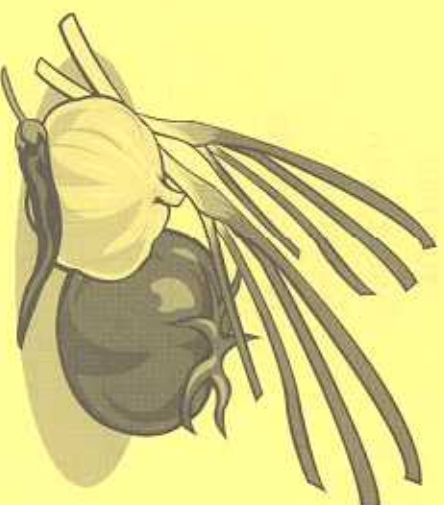
## *Louisiana Harvest Calendar*



LOUISIANA DEPARTMENT OF  
AGRICULTURE & FORESTRY  
BOB ODOM, COMMISSIONER

## **FRUITS & VEGETABLES**

- ... Are an important part of your daily meals.
- ... Help you to keep from getting sick, and can help you fight disease.
- ... Are low in fat.
- ... Are high in vitamins.
- ... And they taste good!



## **WHAT TO EXPECT AT A FARMERS MARKET**

- A Farmers Market is like many old-time "Fruit Trucks" gathered all in one place.
- A Farmers Market may be busy, like a country fair.
- You will see many farmers selling their fruits & vegetables.
- Bring your own shopping bag. You may also want to bring your hat & umbrella because the market may be outside.
- Go around and look before you decide what to buy.
- Each Farmers Market and Roadside Stand has its own days and hours when it is open. **READ THE DIRECTORY FOR THE SCHEDULES.**




# LOUISIANA HARVEST CALENDAR





Here are the best times to buy fruits and vegetables with your coupons at Louisiana Farmers Markets and Roadside Stands. Different markets will have different kinds of fruits and vegetables depending upon the season, the location of the market, and the number of farmers at each market.

## FRUITS & VEGETABLES AVAILABLE IN THE SUMMER & FALL

### Summer

<u>Fruits</u>	
Apples (a few varieties)	
Blackberries	
Blueberries	
Figs	
Grapes	
(muscadine & other local varieties)	
Mayhaws	
Melons	
cantaloupes	
musk honeydew	
watermelons	
Nectarines	
<u>Vegetables</u>	
Peaches	
Pears	
Plums	
Artichokes	
Beans	
peas	
butterbeans	
snap beans	
Cucumbers	
Eggplant	
Garlic	
Greens	
arugula	
collard	
kale	
mustard	
turnip	
Cut herbs	
Irish potatoes	
Lettuce	
Okra	
Onions	
Peppers (bell & hot)	
Squash	
yellow zucchini	
Sweet corn	
Tomatoes	
Turnip roots	

### Fall

<u>Fruits</u>	
Grapefruit	
Kumquats	
Lemons	
Mandarins	
Oranges	
Pears	
Persimmons	
Pomegranates	
Satsumas & other tangerines	
<u>Vegetables</u>	
Beans	
peas	
butterbeans	
snap beans	
Beets	
Broccoli	
Cabbage	
Carrots	
Cauliflower	
Greens	
arugula	
collard	
kale	
mustard	
turnip	
Cut herbs	
Irish potatoes	
Lettuce	
Okra	
Onions	
Pumpkins	
Radishes	
Rutabagas	
Spinach	
Squash	
acorn	
butternut	
cushaw	
yellow zucchini	
Sweet potatoes	
Swiss chard	
Tomatoes	

### Tips On Fruits & Vegetables

- Buy fresh fruits & vegetables in season, when they are cheaper.
- If you place fruits & vegetables where you can always see them, you'll be more likely to eat them.
- Wash raw fruits & vegetables in warm water.
- Keep cut, peeled and broken-apart fruits & vegetables in the refrigerator.
- Throw away the outer leaves of leafy vegetables, such as lettuce & cabbage.
- Don't buy fruits & vegetables that look brownish, slimy or dried out.